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The present invention is directed to an oral nicotine delivery device and a method of using the device to reduce the incidence of tobacco smoking in a person. The device comprises a tubular chamber having a first end suitable for taking in liquid or gas from an external source and a second end suitable for the application of oral suction. The chamber contains nicotine and a retainer for preventing release of the nicotine from the first end of the chamber. The device delivers nicotine in non-irritating solution form.